

ABSTRACT OF THE DISCLOSURE

A method of removing hair or blood vessels from the skin of a patient using a flashlamp, a sequence control device and an optical delivery system, and includes the steps of controlling the flashlamp to sequentially emit a series of pulses of incoherent light energy, transmitting the series of pulses of incoherent light energy through the optical delivery system to the same spot on the skin of the patient, irradiating the same spot on the skin containing the hair or blood vessels with the sequential pulses of incoherent light energy transmitted through the optical delivery system from the flashlamp, and pulsing the flashlamp at least two times at a wavelength in the range of 550 to 1200nm, at a power level in the range of 4 to 25 Joules/cm<sup>2</sup>, each pulse having a duration in the range of ½ to 10 milliseconds, a delay between pulses in the range of 1 to 10 milliseconds, and having a beam diameter on the treatment area in the range of 4 to 50 millimeters.